

Orange Delight Juice

Makes: 4 servings

Ingredients

1 cup orange juice

1/2 banana

1 cup apple juice

1 teaspoon honey

1/8 teaspoon cinnamon

1 cup ice (crushed)

Directions

1. Blend at high speed in blender until frothy.

Source: USDA Food Distribution Program on Indian Reservations
Using Commodity Foods

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	